

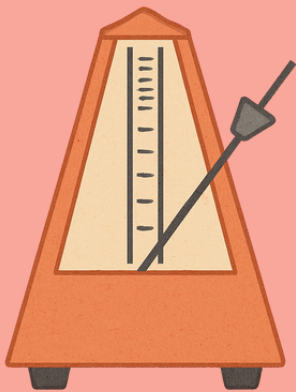
How **MUSIC** May Enhance Processing



Have you ever wondered why you remember the ABC song?

Music Helps the Brain "Keep Time"

Songs typically have a clear rhythm and melody, which helps your brain better track and process what you hear.



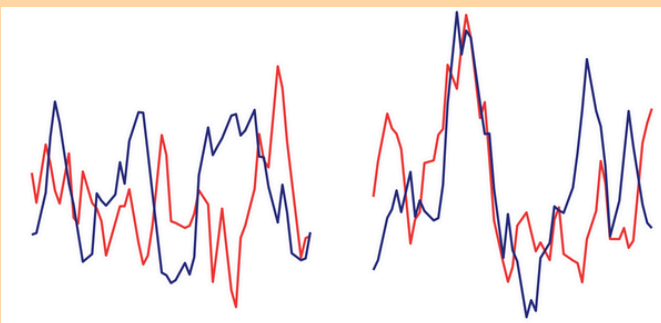
Familiar Tunes Help Us Understand

Melodies that are already known to us likely reduce cognitive load, making it easier to process new information! This can help our brains focus and enhance our understanding of what we hear.



Your Brain Syncs Better with Songs

When sentences are sung instead of spoken, the brain shows stronger synchronization (neural tracking). This means music may help people's brains better process the information!



What Is Neural Tracking?

How well the brain takes in incoming information, measured by how well the brain's electrical activity lines up with the rhythms we hear. Music's regular beat and pitch help the brain stay "in sync" with the sound.



So, the next time you want to **learn something new**...try it to the tune of your all time **favourite song**!



LANGUAGE, ATTENTION, MUSIC & AUDITION